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00:00:00,000 --> 00:00:06,233

Use SuperTracker's Food Tracker tool to track the foods you eat each day.

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00:00:06,233 --> 00:00:13,033

Access Food Tracker in the global navigation bar on all SuperTracker pages or from the homepage.

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00:00:13,033 --> 00:00:17,833

Use the calendar in the dashboard at the top of the page to choose the date.

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The date will automatically be today's date when you first come to the page.

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To look up a food, type the food name into the search box provided.

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As you are typing, a list of top search results will drop down.

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If you see the food you are looking for, select it from the list.

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If you don't see it, or want to see more foods, click the "Go" button to get the complete search results list.

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Select the food that best matches what you're looking for, and the food details will appear in the food card on the left side of the page.

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The food card tells you how many total and empty Calories are in the food,

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how much of each food group it provides, how many of its Calories come from solid fats and added sugars,

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and how much sodium and saturated fat it has.

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Click the Nutrient Info tab to find out how much of each nutrient the food has and the percent of your daily target or limit.

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You can change the amount to see updated numbers.

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Check the box next to the meal, or meals, to which you'd like to add the food.

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And if you have more than one profile, check the boxes next to the profiles you'd like to add to.

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Click the blue "Add" button to add the food.

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After adding, you get a message confirming that the food was added to the meals and profiles you picked.

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If you want to see the food details again, click the "See This Food Again" button.

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You can also add favorite foods and combos from the My Favorite Foods List tab.

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As you add foods, your progress will add up in the graphs on the right side of the page.

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You can see your progress toward each of your food group targets, including subgroup contributions for some food groups.

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For example, for your grains intake, you can see how much came from whole grains versus refined grains.

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Check the blue dashboard at the top of the page to find out if you're over or under on any of your food group targets.

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Click the "View by Meal" link under the chart to see your daily food group intake broken down by meal and individual foods.

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You can also click the "Nutrient Intake Report" link to examine your nutrient intake for the day.

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Your Daily Limits graph lets you know how you're doing in terms of total Calories, empty Calories, and oils, saturated fat and sodium.

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These areas will turn red if you go over your daily limit.

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If you'd like to edit a food you already added, click the "edit" button next to the food in the meals area.

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The food details will reappear in the food card on the left side of the page.

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You can update the amount and click the "Save" button to save your changes.

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If you added a food by mistake, just click the "Remove" button next to that food.

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Or if you want to remove all of the foods you entered for a day, click the "Clear All" button. And click OK to confirm.